

The Dental Assistant



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PRESIDENT'S ADDRESS, A. D. A. ASSN.

By LOUISE DISMUKES, Twelfth Annual Meeting, San Francisco, Calif., July 13, 1936.

IN reviewing the history of the American Dental Assistants Association during the twelve years of its organized efforts, we are impressed by the remarkable advancements and outstanding achievements that have been made. Like the oak that emerged from the ground as a little sprig, hardly noticeable for a time, but continuing to grow until its strong branches are fully developed into the stately tree, so the little sprig, the American Dental Assistants Association has grown. Rooted in quality and determination, nurtured by loyal and faithful service, it has steadily progressed until today we have an organization that commands respect and recognition. Here let us pay our respect and tribute to the leaders who have served our organization so capably.

We are conscious of the fact that we have more to learn and accomplish in the future than we have in the past, but with our faces turned toward the light, we may confidently claim that we are well on our way to a professional organization. It is essential that an organization, such as ours, shall continue to move steadily forward, for it is truly said that if there is no progress, retrogression is inevitable. It is also obvious that the results accomplished by individuals are small, as compared with the results attainable if there is unity of purpose and action, as in our national association. We feel that we are definitely approaching the objective of the American Dental Assistants Association; but we have not yet reached our goal. Therefore, it is necessary that our members guard what has

been accomplished and continue the program of achievements. Nothing is more true than that success and failure are next door neighbors.

One of the most outstanding steps in our march of progress, was the publishing of our own journal, the "Dental Assistant." Through this organ it has been possible to bring the members in closer contact with the activities of the association. It has been a medium whereby greater interest and enthusiasm has been created. Juliette A. Southard, Editor, and her staff of loyal workers, are to be commended upon their splendid record of achievements, and the high standard upon which this journal has been published. This is a personal challenge to each individual member to read her journal and to furnish any assistance within her power to enhance its value to our membership.

Education for the dental assistant has become a matter of greatest concern to our association. We realize that the educational standard must be raised to meet the advancement that is being made in the field of dentistry. The officers of the association have been earnestly working to have definite courses of professional training for dental assistants established in the dental colleges. It is our belief that this ideal is not far distant, as the demand is so great for better qualified assistants, it cannot be overlooked much longer. For the present, however, training along this line is determined and limited largely by the personal initiative of the assistants. The personal qualities of the assistant should also be

stressed. Some of the necessary qualities are supplied by heredity, but in the main they are achieved by cultivation and mental alertness. Assuming one possesses professional skill and intelligence, motive power is needed; that is, the will to act. Vision, attention, perception, judgment and planning, are latent values without decisive action. We must generate the power to carry through a sustained program of work each day. As a dental assistant you may be big or you may be small, as you will. You may assume the role of a star in your professional drama, or sing with the chorus. There is no spot reserved for you on the earth's surface. You will make your

own spot and you may make it worthwhile or worthless, according to your power of determination. Behind that power there must be faith in yourself, and faith in self comes through a consistent development of the latent creative qualities of the mind.

Few accomplish all that they have hoped to do, and so I leave this office with the knowledge that there is still much to be done; but with the hope that I and those who have worked so unselfishly and consciously with me, have contributed in some small measure to the progress of this association.

2121 Highland Ave., Birmingham, Ala.

TOMORROW

What if today be lonely and drear
And sad and weary your way;
There's always this hope to remember,
Tomorrow's another day!

Sorrow and pain, they come to us all
Yet as quickly fly away,
And however we grieve and suffer
There is always another day.

So if tomorrow be sadder yet
And full of pain and ill,
Whatever you do, your courage keep,
And trust in tomorrow still.

The manner of doing a thing may be more important than the thing done.
—Locke.

HABIT

By GERTRUDE M. MOURER, Eugene, Ore.

Given before the A. D. A. Assn., July 16, 1936, San Francisco, Calif.

"Habit is a cable—we weave a thread of it every day and at last we cannot break it."

—HORACE MANN.

HABITS rule our lives—we get up in the morning, go to bed at night, sit at the table, go to work—all because of habit. Habit is a form of exercise, and each thing we do, if repeated often enough will become a habit. Wm. James wrote: "We are spinning our own fates—good or evil, never to be undone. Every smallest stroke of virtue or vice leaves its never-so-little scar. The drunken Rip Van Winkle excuses himself for every fresh dereliction by saying, 'I won't count this time.' Well, he may not count it and kind Heaven may not count it, but it is being counted none the less. Down among his nerve cells and fibers, the molecules are counting it, registering and storing it up to be used against him when the next temptation comes. Nothing we ever do is, in strict literalness, wiped out. Of course this has its good side as well as its bad one. As we become permanent drunkards by so many separate drinks, so we become saints in the moral, and authorities and experts in the practical and scientific spheres, by so many separate acts and hours of work."... If we would be successful in our chosen work, it is to our advantage to cultivate the right habits. By a little conscious effort on our part it is just as easy to acquire good habits as bad. I would like to mention a few of the habits which I believe are most essential if we are to be happy and successful in our work.

First, we should cultivate the habit of *good health*, for without good health our mental alertness and zest for life, necessary to the efficient and cheerful perform-

ance of our tasks, is diminished. In most cases, health is within our reach—it costs nothing—only the effort which soon grows into a pleasurable habit. Regularity is an important factor in the maintenance of good health—a regular time for arising and retiring, a regular time for meals, a regular time for exercise and recreation. A well-balanced diet, a tranquil mind, and moderation in all things are other factors to be considered. Since we are obliged to spend our working hours indoors, it is almost a necessity that at least a part of our recreation be in the form of some outdoor exercise. For example, I get my exercise by an hour's walk each day, as that is the time it takes me to walk to and from the office; and as I am a garden enthusiast, I can indulge in my hobby and get outdoor exercise at the same time. Perhaps others of you find your exercise and recreation in golfing, hiking, swimming or horse-back riding. If we are to have a feeling of physical well-being, we must have outdoor exercise. I would like to suggest that you read the very fine article on "Keeping Fit" in the May-June 1935 Dental Assistant. It is full of many valuable suggestions.

Another habit to develop is that of *cheerfulness* and *kindness*. These qualities are most essential in our contact with our patients. Do we stop often enough to realize that our attitude towards the patient is of great importance to the success of our doctor's practice? If we greet each patient with a cheerful, friendly smile of welcome, making him feel that we are really

glad to see him, we contribute just that much to the doctor's success; for when a person is treated in a friendly, courteous manner and is made to feel that someone is genuinely interested in his welfare, he naturally desires to return to that office at a future time and thus we create the spirit of good-will, which is such an invaluable aid in the foundation of a successful practice. In conjunction with these qualities goes a voice that is pleasant and well-modulated. The acquisition of the habits of *cheerfulness*, *kindness* and *courtesy*, will be reflected in the voice; for the voice has been called the sounding board of the soul. The tone of voice should be mild, gentle and sympathetic. We are judged more by voice than words—if the tone of voice does not corroborate our words, doubt will follow. The proper tone of voice has the power to reassure the apprehensive patient. The patient can be won by a pleasant voice and the smiling countenance which should accompany it, or can be repelled by an unfriendly note. Haven't you had patients come to the office who, when you started to make out their record card, refused to give their names or any information about themselves, stating that it wasn't necessary, and in a few minutes have them in an agreeable mood and perfectly willing to impart the necessary information merely by giving them a friendly smile and a tactful explanation in a pleasant soft-toned voice? Always meet rudeness with unflinching politeness. Even more important is the cultivation of a cheerful courteous voice over the telephone, for the tone of voice is the only criterion the person at the other end of the line has by which to judge us. I often think of one lady whom it is necessary for me to call frequently. She always says "hello" in such an unpleasant tone of

voice, one hardly has the courage to continue the conversation for fear of being "snapped up," but as soon as she begins to talk, her tone changes to a more friendly note. It is merely her habitual manner of greeting. Hence, it behooves us to make sure that our very first word over the telephone is in a friendly tone. The voice with the smile is the tone that counts.

Another worthwhile habit to develop is that of *loyalty*, the quality of faithfulness and constancy. Loyalty means being *with* and not merely *for*. Each person who succeeds in anything does so through unflinching, tireless loyalty to that particular thing. If we have loyalty, we will not be content to say "That will do," "This is good enough" or "Who cares?". We can be either loyal, which means that we are true to the cause we undertake; disloyal, which means that we are untrue to our obligations and duties; or unloyal, which means that we are neither loyal or disloyal, but merely indifferent—perhaps only a clock watcher. If we are loyal, we will realize the value of time. It has been said that we are all dealers in time—it is the one thing we possess—that and its by-product, the odd moment, which can be utilized effectively for our betterment. The person who is always killing time is really killing his own chances, while the person who is destined to success is the one who makes time live by making it useful.

We must cultivate *enthusiasm* which is one of the necessary ingredients in the recipe for doing good work. If we have enthusiasm for our work, we will acquire the courage and perseverance which are so necessary to overcome difficulties and achieve the results we desire. If we have enthusiasm, we will have boundless energy concerning which Powell Buxton said: "The longer I live, the more I am

certain that the great difference between one man and another, between the weak and the powerful, the great and the insignificant, is energy—invincible determination—a purpose once fixed and then death or victory." That quality will do anything that can be done in this world.

We must cultivate the habit of *self-confidence*. If we would do anything successfully, we must have at least some measure of faith in ourselves that we have the ability to accomplish what we start out to do. Self-confidence is a prime requisite to great undertakings. The habit of self-confidence is the result of the habits of industry and concentration. When we reach the point where our work gives us a feeling of great pleasure and we are intensely interested in it and as a result, concentrate, we have self-confidence. If we feel that we do our work well, we will have self-confidence; for self-confidence comes from having done the thing before and having the assurance that we can do it efficiently. The highest reward for good work is the ability to do better work. The joy and satisfaction of successful effort—overcoming obstacles, mastering details which at first appeared difficult, evolves into habit and gives concentration. Industry and concentration fixed in character as habits, mean self-confidence.

To be successful in our profession, one of the most necessary requisites is *love for our work and pride in it*. It is a necessity for satisfactory accomplishment of any task. If we have pride in our work, we love it and give the best there is in us. To do any work successfully, we must enjoy doing it. Possibly we sometimes feel as if we intensely dislike certain of the little tasks that are required in our work, but it is possible to enjoy and take pride in doing even the least of our duties. Some-

one has said that the secret of happiness is not in doing what one likes, but in liking what one has to do. If we try to do each thing to the best of our ability, we can take pleasure in doing it—even something as apparently uninteresting as putting the cabinet drawers in order. Perhaps we sometimes have the attitude of the little child who said—"Anything I *have* to do is work; anything I *want* to do is play." To his mind work presents itself as drudgery. Drudgery is work which we make difficult, which is done because we must do it. Our work should be a joy—not only the parts we are particularly interested in and like to do, but also the little tasks which we regard with aversion—and our work would be a joy if we formed the habit of regarding it with the proper attitude. The first thing to do is to fall in love with our work, for that which we like is half done. The secret of true love of work is hope of success in that work, not for the money reward, for the time spent and the skill exercised, but for the joy of successful accomplishment of the work itself.

These are only a few of the qualities which we should exercise until they become habits, if we would be successful and happy in our chosen work. In closing I would like to leave with you this thought which has been so aptly expressed by Elbert Hubbard: "We are controlled by our habits. At first we manage them, but later they manage us. Habits, young, are like lion cubs—so fluffy and funny! Have a care what kind of habits you are evolving—soon you will be in their power, and they may eat you up. . . . We become robust, only through exercise, and every faculty of mind and every attribute of the soul grows strong, only as it is exercised. So you had better exercise your highest and best only, else you may give strength to habits and inclinations that may master you, to your great disadvantage."

403 Tiffany Building.

WHAT DOES THE AMERICAN DENTAL ASSISTANTS ASSOCIATION MEAN TO YOU?

By DORIS HARVEY, President Alameda County D. A. A.

Given before the Meeting of the A. D. A. A., July 15, 1936

How many of you have ever asked yourselves this question, "Just what does the American Dental Assistants Association mean to me?" First, let me ask you, "Why are you a dental assistant?" Primarily, I suppose, to earn your own living, either by choice or by necessity. You have chosen this particular occupation because it is a profession, and carries with it a certain degree of distinction and prestige. Then, too, you are not limited in your endeavors. So many different branches of dentistry are open to you that your field is practically boundless. Your position differs from ordinary business, in that you are not selling merchandise—you are selling SERVICE, which is benefiting every man, woman and child whom you contact.

As in all other branches of endeavor, after you have become settled in your new office, you look about you for some organization for women in your profession and you join your local dental assistants society. It is the only organization pertaining to your profession. If you desire to be the ideal assistant, you will have no hesitancy in making this affiliation, for you realize that you will meet numbers of young women who are following the same occupation as yourself, and who have the same interests. Consequently your scope is broadened and you find fellowship. Through lectures, clinics and study classes you have the opportunity of becoming more efficient in your duties, of more value to your doctor, which in turn brings you greater remuneration.

When you affiliate with your local society, you automatically become a member of the American Dental Assistants Association. It has been only through the efforts of the National Organization, that your chosen type of work has been made a recognized profession. It has taken years

of concentrated energy to bring you the distinction of being called, "My assistant, Miss Smith," instead of "the girl in the office." If it were not for your National Organization which has been given recognition by the American Dental Association, there would be no meeting of dental assistants such as the one we are having this week, and you could not have this time away from your offices to take advantage of clinics and lectures by men of wide repute. **YOU ARE MEMBERS OF A RECOGNIZED PROFESSION, NATIONALLY ORGANIZED FOR YOUR ADVANCEMENT.** In the past five years that I have been interested in this work, I have contacted many dental assistants regarding membership in our local society. It is not infrequent that someone will say, "Well, what will I get out of it?" Perhaps there are others of you who have thought just that, without voicing it. And in answer to those of you with that thought, I want to ask, "Just what are YOU willing to give your local society and the American Dental Assistants Association?" Remember, you get out of anything just what you put into it. I had a very dear friend, who has since passed on, whose life will always be an inspiration to me. Innumerable times I have heard her say, "Give to the world the best you have, and the best is BOUND to come back to you."

Members of the American Dental Assistants Association, be loyal to your local organization, be regular in your attendance at all meetings, be a faithful follower of the ideals set forth in our national code of ethics. Let no task be too small, or no sacrifice too great, for the welfare of your organization. And in return, great will be your reward for you will have given great-

ly. In closing, as chairman of local arrangements for this convention, may I take this opportunity of telling all of you how happy we are to have you here in San Francisco as our guests. It is an experience which few of us will ever have the opportunity of enjoying again. My committees

have worked unceasingly and tirelessly to make this a week which you will always remember. If we have succeeded in making this visit a happy one we have accomplished our purpose, for we have given you our BEST.

230 Grand Ave., Oakland, Calif.

DENTAL ASSISTING—A TRADE OR A PROFESSION?

By FRED A. BAY, Long Beach, Calif., for the Pacific Coast Day Program
of the A. D. A. A., July 16, 1936, and read by ALVA MAXWELL

WE have chosen for our Career "Dental Assisting," a vocation comparatively new and one that is becoming more and more complicated and interesting, as well as vital to the dental profession. How are we as individuals, going to keep pace in this age of dental revelations without Education? Learning more intense than ever before. Each day we are given opportunities to attend lectures, study clubs, clinics and classes in various lines pertaining to our office training. These are opportunities to be welcomed and to be thankful for, and not to be treated lightly. May I mention here the athlete, who each day of his life, while in that profession, trains himself and takes advantage of every possible thing that will help him attain his goal as champion in his field. I believe it is just as important that we dental assistants strive each day to make ourselves more efficient and helpful in our work. I feel too, that because we are women, we can more tactfully cope with things requiring courtesy and feminine understanding in the office, thus relieving the dentist of the small details that take time, but are too important to a successful practice, to be left undone. Through our ability at the chair, in the laboratory, in the reception room, and on the telephone, we can make ourselves a very definite asset to the dental profession, and make "dental assisting" a vocation, that is unquestionably a pursuit belonging to women; Women of intelligence, ability and culture.

I believe we should have a definite goal

of attainment and work untiringly toward it. Because the dental assistant's association is becoming so vitally important to the dental profession, I fear that unless we have a very decided purpose, we shall reach a certain point of accomplishment and stop. That is dangerous. I think that after a girl has given a certain number of years as an assistant in a dental office, say five to seven, she should be given the privilege of an examination either oral or written, by a selected group from her respective state society, and be given a certificate accordingly. If she has accomplished the same through college, junior college or outside courses, the same opportunity and award should be given her. This gives the younger girls entering the field of dental assisting a concrete goal to work toward, and definitely encourages her to attend classes and courses and in every way polish herself for efficiency in her career.

This is only a suggestion and not a demand, nor has it in any way been worked out in detail, but I feel that it could be very successfully made a regular part of our dental assisting program, and most successfully handled through our state societies. I hope to see dental assistants become more than "just assistants"—I believe that we can become real advisors, real business partners and persons with a very thorough knowledge of dentistry. Through education we can learn to give a very definite, unselfish service to humanity. What Vocation is Finer?

SOME HIGH LIGHTS OF THE 12th ANNUAL CONVENTION OF THE AMERICAN DENTAL ASSISTANTS ASSOCIATION, SAN FRANCISCO, CALIF., JULY 12th TO 17th, 1936

JULY 12th, 10 A.M.—First meeting of the Board of Trustees. Of the 17 members, only 3 were unable to attend the convention, but sent detailed reports of the activities in their districts, to wit: Rachel Clark, 1st District; Katherine Carr, 6th District; Sarah Hood, 3rd Vice-President, ex-officio. Altogether, eight Board meetings were called by the Chairman, President Dismukes, to discuss the business and problems accruing to the management of the Association, and the convention; demonstrating that the Board of Trustees are a conscientious and hard working body. From 4 to 6 P.M. a tea was tendered some 200 members and visitors by the societies in the 9th District. A delightful, informal "get-together" function. Serving at the tea table were: Myra Burdick, President of the San Francisco D. A. Assn., Doris Harvey, President of the Alameda Co. D. A. Assn., Airna Chamberlin, 9th District Trustee, Katherine Morgan, Program Chairman, and Mabel Lyon, Chairman of Convention Arrangements, who were assisted by the Presidents and representatives of the other societies in the district, in attendance at the convention. A vocal and instrumental program added much enjoyment to the occasion. The Hotel Whitcomb had provided the huge 12th Anniversary Birthday cake, which was cut by the Founder, Juliette A. Southard.

JULY 13th, registration from 8 A.M. to 12 noon, followed by a unique luncheon at "The Riviera," as guests of the San Francisco and the Alameda Co. D. A. Associations. "The Serenaders," a musical trio, lent variety to their program, by serenading with topical selections, the officers and others of prominence. At 2:30 P.M., back to the hotel and the formal opening of the 12th Annual Convention by President Dismukes. The official program, as prepared by Katherine Morgan, Chm., was adopted, and with this General Meeting the business activities swung into line. We were honored by the presence of Dr. C. N. Johnson, who gave a brief inspirational talk. Since we hope to publish the various papers and addresses, we will not attempt to give herewith a resume of their contents. This meeting was adjourned in loving memory of our member and past Treasurer, Aloise B. Clement, who passed on shortly after our 1935 convention. The memorial tribute was given by Ann McDonald of Minnesota, 7th District Trustee, following the presentation to the A.D.A.A., of a beautiful silver cup, by a friend, Mr. Joseph E. Ratner of N. Y. City as a tribute to Aloise B. Clement, and her great service to the cause of the dental assistants. This trophy will be known as the Aloise B. Clement Trophy for "Achievement," and will be presented each year to the member who has achieved outstanding service for the progress of the A. D. A. A., and the welfare of dental assistants.

JULY 14th, 9 A.M.—First session of the House of Delegates. The preliminary report of the Credential Committee gave 221 members and guests registered. Nine new societies have been admitted to membership, and several others have stated their intention of affiliating in the near future. The reports of Officers and Standing Committees were replete with accomplishment, constructive plans and suggestions. The members who attend conventions are fortunate in receiving all this detail first hand; those absent will no doubt learn of the salient features, through the reports of their delegates and trustees, which we trust will be comprehensive. Because there is so much of value to be absorbed by personal attendance, we urge all who possibly can plan to do so, to make every sacrifice necessary to attend future conventions. SO PLAN NOW TO GO TO ATLANTIC CITY IN 1937. Six Independent members were

elected and eighteen associate. A greeting was read from a newly organized association in Canada, the Saskatchewan Dental Assistants Assn., Vivian Busby, President, of Moose Jaw, and the announcement made that Juliette A. Southard had been made an Honorary Member of this Canadian group. A number of prominent dentists were introduced, each giving a greeting and message of encouragement. At 1.30 P.M. the District meetings were held; these informal sessions bring the members closer together, and make possible the discussion of problems and plans. Those who cared to do so went on a sight-seeing tour of the city. At 7.30 P.M. the Annual Banquet was held, preceded by an informal reception, and attended by 260 members and friends. The theme was nautical, the favors small sail-boats in the association's colors, made and donated by the Pasadena Association. Fifty dozen gardenias were used to decorate the tables with blue delphinium, candles and gauze ribbon. As each one entered the banquet hall, a Hawaiian Lei was placed about their neck, as a symbol of friendship and welcome. The entertainment and music were Hawaiian in character. The great moment of the evening is always the awarding of the various trophies. To the Los Angeles D. A. Assn. was presented the award for "Attendance"; the one for "Membership Increase" went to the Kansas State D. A. Assn.; the one for securing the greatest number of outside "Magazine Subscriptions" was awarded to the Cincinnati D. A. Assn.; the "Angelo Chiavaro D. D. S. Loyalty Trophy" was won by Mary Hawks, for the longest consecutive service in one dental office, 25 years, 3 months and 14 days, in the office of Dr. S. S. Noble of Wichita, Kansas. The Tennessee State D. A. Assn. won the trophy for "Co-operation," and this being the third year in succession that this society won this cup, it remains in their permanent possession. The contest for this cup being very keen, the Board of Trustees decided to award a second prize, so the new trophy presented this year by Oral Hygiene was given to Cincinnati, who came in second, and a blue ribbon went to the Georgia State D. A. Assn., as third prize winner in co-operation. At the close of these presentations President Dismukes who was Toastmaster, announced that the Board had chosen Juliette A. Southard, Founder, as the winner of the new Aloise B. Clement Trophy for "Achievement." Among the prominent guests present were: The officers of the American Dental Association; Dr. C. N. Johnson, Honorary Member, A. D. A. A.; Dr. F. B. Olds, President, Southern California State Dental Association; Dr. R. L. Blake, Pres., S. F. D. Society; Dr. C. E. Clement, Pres., Alameda D. Society; Dr. R. Blaque, Chm., Local Arrangements, A. D. A.; Dr. S. Moose; President Calif. State D. Assn.; Dr. G. Selleck, Chm. Entertainment, A. D. A.; Dr. W. Ryder, Chm. Associated Groups, A. D. A.; Dr. A. R. McDowell and Dr. G. S. Milberry, Deans of the two dental colleges in S. F.; Dr. Nye W. Goodman, Dr. W. J. McCracken, Mayor of Oakland; Mr. M. B. Massol and Mr. Joe E. Ratner. During the course of the program Dr. Goodman of Los Angeles asked all the practicing dentists present to stand and hold up their right hand, and repeat after him: "I solemnly pledge myself to do all in my power to promote the success of the A. D. A. A., and to help its members whenever possible; and I especially pledge myself to help and promote the society for dental assistants in my city, and to encourage my assistant to take an active part in these educational organizations." This was received with loud applause by all present, and we wish that all the dentists in the United States might have been present and made this pledge.

JULY 15th at 10 A.M.—A general conference meeting was held, with Katherine Morgan as Chairman, as this was found more practical than a breakfast. Many interesting and helpful topics were discussed, touching on every phase of society activities, office procedure and problems, educational features, etc. We suggest this type of informal meeting for every annual state society meeting. Many members attended the "Mouth Hygiene Luncheon" of the American Dental Assn. at the Hotel

St. Francis. Dr. Walter T. Mc Fall of Atlanta, Ga., being the main speaker. The A. D. A. A. was formally recognized by having our President, Louise Dismukes, seated at the Speakers' table. . . . At 2.30 P.M., a special meeting was held, many prominent dentists being speakers, as follows: Dr. S. M. Gordon, Secty. of the Council of Therapeutics of the A. D. A., "Dentifrices and Mouth Washes—A Study in Ballyhoo"; Dr. H. C. Jarvis, "The Dental Assistant, the Dental Hygienist, and the Law"; Dr. Nye W. Goodman, "Patient Education"; Dr. Walter T. McFall, Pres. of the Am. Society for the Promotion of Dentistry for Children, "Things That Count"; Dr. F. B. Olds, Pres. So. Calif. State Dental Soc., "The Relation of the American Dental Assistants Association to Organized Dentistry"; and our own Doris Harvey, Pres. Alameda Co. D. A. Assn., "What Does the American Dental Assistants Assn. Mean to You?" Other dentists of prominence present were introduced and spoke briefly.

JULY 16th, at 9 A.M.—A Pacific Coast Day Meeting was held, program as follows: "Business Principles Applied to Dental Assisting," by Helen Constable of San Francisco D. A. Assn.; "Dental Assisting—A Trade or a Profession" by Freda Bay, Long Beach D. A. Assn.; "Diet—A B C's," by Lois Weiler, Tacoma D. A. Assn.; "The Dental Assistant" by Floy Jung, Pasadena D. A. Assn.; "Habit," by Gertrude M. Mourer, Lane Co. D. A. Assn., Oregon; "Purpose of Organization" by Grace Poole, San Diego D. A. Assn.; "Dental Offices of Europe" by Helen Wagner, Los Angeles D. A. Assn.; "Facilitating the Purchase of Health" by Mr. M. E. Truitt of the Retail Merchants Credit Assn. of Los Angeles; "The Function of the Dental Assistant" by Dr. G. Van Buskirk, Honorary Member of the L. A. D. A. Assn. . . . The afternoon was left open for personal recreation, and a number visited the U. S. Naval Hospital Ship Relief, being particularly interested in the dental department aboard this floating hospital, as several of our associate members are Naval Dental Assistants thereon. We can say that these Naval Assistants know their work, and it was an education to note the fine order and condition of their instruments, supplies, and equipment.

JULY 17th, from 9 to 12—The clinics were held in the S. F. Auditorium, with those of the A. D. Assn. Judging from the crowds of dentists around each table, we know they were interesting and well received. Lack of space prevents giving the list of topics. Borrow the A. D. A. A. Program from your Secretary or President, and read about them, or ask that this be read at your next meeting. . . . At 2 P.M. the 2nd Session of the House of Delegates was called to order; the final report of the Credential Committee, gave a total of 266 members and visitors registered for the convention. Two amendments to the Constitutional and Administrative By-laws were adopted, to wit: Article IX, Section I, Const. By-Laws: "The Annual Dues shall be One Dollar and Seventy-five Cents, payable January 1st, for the ensuing year." Article IX, Section I, Adm. By-Laws, add thereto, "The retiring President shall be a member of the Board of Trustees. A major member of the staff of "The Dental Assistant" shall be elected each year by the Board of Trustees, to be a member of the Board of Trustees for a term of One year." . . . The Cleveland D. A. Assn., with 43 members, was elected to membership, so reported by the Board. Because of their outstanding help to and interest in dental assistants, and to the A. D. A. A., Dr. Nye W. Goodman of Los Angeles, and Dr. Harry B. Pinney, Secty., of the A. D. Assn., were elected to Honorary Membership in the A. D. A. A. . . . Some of the outstanding matters that were presented for consideration and recommendation to the affiliated societies were: That each society interest themselves in securing an advertisement for our Journal; and that a member be appointed to work in cooperation with the Advertising Manager of our Journal to that effect. . . . All A. D. A. A. pins must be secured by the affiliated societies, through the office of the General Secretary. The pin is a replica

of our emblem which is registered, as we are an incorporated body, and it cannot be copied or used by any other group. . . . The Constitutional and Administrative By-Laws are to be revised to date, and printed; this will be in charge of a committee appointed by the President. . . . All members who are in arrears for dues will be dropped from the mailing list of the Journal, and no back copies will be mailed to them. Grace was extended by the Board until June 1st, of each year. . . . The A. D. A. A. went on record as opposing the training of dental assistants by commercial enterprises, or individuals backed by commercial enterprises; and reaffirmed the resolution for the training of dental assistants by recognized dental schools or colleges, passed at the 1927 meeting. . . . The application for affiliation of the newly organized Southern California State Dental Nurses' Association, composed of all the societies in Southern California, was received and this association was elected to membership by the Board, and so reported. A report was read from Helen Fitting, Past President, on her official attendance at the Ontario Dental Assistants Assn. Meeting in May, at Toronto, Canada, and the House voted that if finances permit, a representative will officially represent the A. D. A. A. at this meeting in 1937. . . . The course of training for dental assistants, given by the Los Angeles Junior College, was endorsed, as this course has the active support and endorsement of the Southern Calif. State Dental Assn. . . . The clinic trophies were awarded as follows: The Juliette A. Southard Cup for the best clinic, to the Minnesota D. H. & A. Assn., "Paying Pains"; the Oral Hygiene Cup for Second best clinic, to the Los Angeles D. A. Assn. "The Assistant in the Reception Room, Operating Room, and Business Office"; First Honorable Mention Blue Ribbon, Pasadena D. A. Assn., "Patient Education"; Second Honorable Mention Blue Ribbon, Nebraska D. A. Assn., "Know Your Teeth." The Henry Fowler D. D. S. Trophy for the best poster was awarded the Los Angeles D. A. Assn.; First Honorable Mention Blue Ribbon went to the Georgia State D. A. Assn., and the Second Honorable Mention Blue Ribbon to the Alameda Co. D. A. Assn. . . . The 9th District presented through Doris Harvey, Trustee, to each of the Past Presidents of the A. D. A. A., small gold gavels and chains, to be attached to their National pin. . . . The list of officers and trustees appears on the inside of our front cover page, also the Chairmen of Standing Committees. . . . The 1937 meeting will be held at Atlantic City at the same time as that of the A. D. Assn. Plan NOW to be present and take an active part. It will repay you many times over for any sacrifice of time and finance. Come and be an articulate force for your welfare and ours.

JULIETTE A. SOUTHARD.

SECRETARY'S CORNER

By LUCILLE S. HODGE, General Secretary, 401 Medical Arts Bldg., Knoxville, Tenn.

HONOR ROLL

Tied for First Place

Cincinnati Dental Assistants Association
Tennessee State Dental Assistants Association

Georgia State Dental Assistants Association
Columbus Dental Assistants Association

At the Twelfth Annual Meeting of the American Dental Assistants Association held in San Francisco in July Oral Hygiene presented the Association with another trophy. Our Board of Trustees voted to use this trophy as a second award for "Cooperation." A Blue Ribbon was also voted, so we had three awards for "Cooperation." Secretaries you have a good chance of winning a Cooperation award—let's all get busy and put our society on top. Another of our good friends, Mr. Joe Ratner,

presented to our Association a beautiful cup, in memory of our beloved Aloise B. Clement; this trophy to be known as "The Aloise B. Clement Trophy for Achievement," is to be presented each year to the assistant, who in the opinion of the Board of Trustees, has rendered to the Association and all dental assistants the most outstanding service. This year the trophy was awarded to our Founder and First President, JULIETTE A. SOUTHARD.

We are very happy to welcome the following new societies as members of our Association: Southern California State Dental Nurses' Association; Fifth District Dental Assistants Association (Calif.); Tri-County District Dental Assistants Association (Calif.); Santa Clara Valley District Dental Assistants Association (Calif.); Miami District Dental Nurses' Association, Fla.; and, Cleveland Dental Assistants Association, Ohio. The officers are:

Southern California State Dental Nurses Assn.:

President, Sonora Spencer, 453 Chestnut Ave., Long Beach; Vice-Presidents, Roma Rutherford, Alva Maxwell and Peggy Falbe; Secretary, Irene Brede, 1104 Pellissier Bldg., Los Angeles; Corresponding Secretary, Freda Bay; Treasurer, Grace Poole.

Fifth District Dental Assistants Assn. (Santa Monica, Calif.):

President, Frances Bolton, 502 E. Broadway, Inglewood; Secretary, Peggie Falbe, 11343 Santa Monica Blvd., West Los Angeles; Treasurer, Betty Nassett.

Tri-County District Dental Assistants Assn. (Salinas, Calif.):

President, Jeanne B. Le Mons, 208 Mercantile Bldg., Salinas; Vice-President, Evelyn Drake; Secretary, Inez Cullen, Box 579, Hollister; Treasurer, Ellen Piini.

Santa Clara Valley District Dental Assistants Assn. (San Jose, Calif.):

President, Agnes Rushworth, 281 North 3rd St., San Jose; Vice-President, Grace Nichols; Secretary, Helen Nyberg, 762 Schiele Ave., San Jose; Treasurer, Minnie S. Palmer.

Miami District Dental Nurses' Assn. (Florida):

Acting President, Antonia Murray, 411 Huntington Bldg.; Secretary, Margaret Klinkenberg, 503 Huntington Bldg.; Treasurer, Fern Pickhardt.

Cleveland Dental Assistants Association (Ohio):

President, Phylis Doody, 830 Hanna Bldg.; Vice-President and Corresponding Secretary, Grace White, 1032 Rose Bldg.; Recording Secretary, Gertrude Engel; Treasurer, Jane Diadario; Directors, Louise Hubert and Anne Patton.

We are happy to announce the election to Independent Membership of the following: Gladys M. Fortin, Sacramento, Calif., with Dr. D. L. Durst; Louise Miller, of Sacramento, Calif., with Dr. E. Ellis Davies; Adaline B. Warner of Sacramento, Calif., with Drs. Tom M. Green and Philip Johnson; Ivan Hurst, Center, Texas, with her husband, Dr. James C. Hurst; and Zenobia M. Currie of Sacramento, Calif., with Dr. Carl N. Dorman. Many societies held elections the past three months and I am listing only those who were too late for the Directory of the 1936 Official Program:

Long Beach Dental Assistants Assn. (Calif.):

President, Jean Terry Beerle, 810 F & M. Bank Bldg.; Vice-President, Alva Maxwell; Secretary, Beryle Wright; Treasurer, Leone Sprague; Corresponding Secretary, Hilda Neill, Professional Bldg.

TALKING IT OVER

This Department is under the supervision of EDNA M. JUSTICE,
631 Jenkins Bldg., Pittsburgh, Pa.

THE 1936 Meeting has come and gone. Those of us who searched for "Gold in them thar hills," have returned much richer. The golden memories of such a successful meeting will always make us appreciate our organization, its aims and ideals, and be happy to be one of the A. D. A. A. What a golden harvest those California girls reaped, when they carried off so many of the trophies and saw the fulfillment of their year's effort in such a joyous meeting. Under the leadership of their beloved Mabel Lyon and the local arrangement committees, nothing was left undone that would add to the comfort and pleasure of the visitors. Their friendly co-operation made each one of us feel so "at home" and will long be an inspiration. The program was both interesting and instructive and the social features were G-R-A-N-D. When the "Secret" was finally revealed—'twas a BANQUET that will always be a thrill.

If "It's true what they say about Dixie"—then "a thousand times Yes" about California. We will have to take our hats off to the California girls for their accomplishments in making our dreams come true, this the 1936 Convention the biggest and best ever. TILL WE MEET AGAIN IN 1936 IN ATLANTIC CITY.

LUCILE BLACK, *Trustee, 4th District.*

I have been impressed many times, that whenever there appears a list of "the qualities necessary to become" anything—a successful business-woman, a charming hostess, or even an alluring movie-star—we find well up toward the top of the list, the word "poise." Unfortunately, the word is one at which we nod in acquiescence, while it expresses an intangible enough quality. We give it little thought and make little effort to apply it to ourselves in a real and personal way; but surely this attribute is equally important to us both as women and as Dental Assistants! I think it worthy of some communal consideration. Let us consult Webster. Poise is the "state of being balanced by equal weight or power; equipoise; balance; equilibrium; stability" and again "the bearing or carriage of the body or head." To elaborate somewhat on Webster's precise definitions, it seems to me that poise includes in a physical way, the health of cleanliness, posture and carriage; in a mental way, knowledge, understanding and culture; and in a spiritual way,—well, isn't it really the external symbol of an inherent self-respect?

Poise is grace and ease and assurance. The frank, level-headed woman of today is splendid, but if her progress in some of the manly arts loses for her the grace and womanly poise of yesterday, I fear she has taken two steps backward instead of one forward. Let us try to find time in our busy days and nights, to incorporate the quality of poise into our lives and manners. Can't you see how much is added to your office, to your employer, to your patients and to yourself if you have—or acquire—poise? I believe some great effort and thought must be expended along these lines. It is not an easy victory, but once won, unlike a trophy awarded for one year, we may carry it with us throughout our days. A powerful ally, poise, enabling us to live gracefully and die courageously!

KATHLEEN FLINN, Pittsburgh, Pa.

The word "right" is the most deceptive of pitfalls—most rights are qualified.
—Justice Oliver Wendell Holmes.

SOME THINGS WORTH KNOWING

Temperature. Temperature may be defined as the degree of hotness of a body measured according to some chosen scale.

Normal Temperature. The temperature of the human adult body when in health, as registered by the thermometer, is about 98.6° F., but it is subject to diurnal physiological fluctuations of a fraction of a degree. In health, the temperature rises gradually from 7 or 8 A.M. until the same time in the evening, when it gradually falls. Thus it reaches its maximum between 5 and 8 P.M. and its minimum between 2 and 6 A.M. In infants and children, the average temperature is generally somewhat higher than in adults, while in old people it is somewhat lower.

Causes of Variation in Temperature. A slight rise of temperature may occur in even a healthy individual, from such causes as excess exercise or excitement, constipation, or an attack of indigestion. The most common reason for any great rise in temperature—fever—is the presence of toxic substances in the blood. Toxic matter that gives rise to fever is usually the result of bacterial activity in the body, but it may be due to such constitutional disturbances as are caused by perverted metabolism. The temperature of children is more easily affected by any of these conditions than that of adults.

Reasons for Death From Subnormal Temperature. When the temperature drops much below 95° F. life cannot be supported, because there is not enough heat to keep the body mechanism (the heart, lungs, etc.) at work. The vital organs of the body can no more perform their function without a certain quantity of heat, than can any steam driven machinery.

Reasons for Death From High Temperature. Death as a result of a high temperature is due largely to changes caused by the heat in the body tissues, but usually it is the effect on the body of the toxins or conditions causing the fever, that produces death rather than the heat.

THE PULSE

What It Is. The pulse is the distention of the arteries by a wave of blood forced through them, by the contractive or systolic action of the heart. The interval between the pulse-beats is the period occupied by the diastole or relaxation of the ventricles of the heart as they fill with blood.

The average frequency of the pulse is:

	<i>Beats per minute</i>
In men	60- 70
In women	65- 80
In children above 7 years	72- 90
In children from one to seven	80-120
In infants	110-130
At birth	130-160

RESPIRATION

Purpose. The purpose of respiration is (1) to supply the body with oxygen that it requires for tissue building, and to maintain the continual oxidation necessary to provide the heat required to keep the body warm, and to supply energy requisite to retain the mechanism of the body at work; (2) to rid the body of the excess carbon dioxide resulting from this oxidation; (3) to help equalize the temperature of the body; (4) to help rid the body of excess water.

—X. Y. Z.

"THIS AND THAT"

By MARGARET M. CUMMICK, Jasonville, Ind.

(It will be necessary for me to have all material by Oct. 15th. Please comply. Thanks.)

The Alameda Co. D. A.'s report that it was an inspiration as well as a pleasure to entertain the A. D. A. A. during Convention. Every member who feels that it is at all possible to attend the Convention next year, keeps a chart in her office, titled "Atlantic City or Bust." On this chart is a tentative list of expenditures for the trip, and she is budgeting herself for the ensuing year, thereby hoping to build a "filmy dream into a concrete reality." . . . The Los Angeles D. A. A. has started the new club year with much enthusiasm. Catherine Morgan, Pres., entertained with a dinner for the board members, and a silver tea is planned, so the new members may become better acquainted. Thirty members of this Association attended the S. F. Meeting, and the Association is mighty proud of Mabel Lyon, newly elected President of A.D.A.A. Credit is due this group for winning the Henry Fowler Trophy and the new Oral Hygiene Trophy. A second re-union was enjoyed by the twenty-five girls who, after Convention, were entertained at L. A. with a sight-seeing bus trip, lunch at La Venta Inn, dinner at Padua Hills, Catalina Island, a theater party at Grauman's Chinese Theater, a luncheon at the Vendome (paradise of the movie stars), a musical program at the Hollywood Bowl, dinner and dancing at Cocanut Grove, and visits to little Mexico on Olvera Street.

In honor of Lois Weiler, delegate, the Tacoma D. A. Society, prior to her leaving for S. F., gave a party in the form of a handkerchief shower at the home of Alice Bender. It seems that Mickey Sherman has decided to master swimming under the tutorship of Lois Weiler. . . . Juliette A. Southard, Founder, learned just how much she is loved by the girls, when a delegation of Nebraska D. A.'s were at the train to welcome her on her way West, and showered her with hankys and a lovely bouquet, while the train was in the station at Omaha. Mrs. Virginia Clement, elected official "Mother" at our 1927 Convention, passed away on July 16th at her home in Omaha. The Nebraska girls open their fall program with a talk by Dr. Guy Spencer on "My Idea of the Duties of a Dental Assistant." Social events include a Beach Party and a Cabin Party at Fremont. Ruth Morgan, formerly of Omaha, has accepted a position in Indianapolis.

The Kansas City girls have been hard at work on their plans for their Annual Bridge Benefit Party as a means of replenishing their treasury. . . . Marie Noran McGovern, Treasurer of Detroit D. A. A., was injured in an auto accident late in the Spring and we are glad to report is recovering nicely. Ruth Rogers went to S. F. with her ankle in a cast and a pair of crutches. She attended every session and is rapidly recovering her normal "footing." . . . Pittsburgh D. A. A. is planning a course on "Dentures" to be given by the U. of Pittsburgh, under the supervision of Dr. Wright, Professor of Prosthesis. . . . Sara Hood of Philadelphia has recently announced her engagement to an East Orange, N. J. dentist. Wedding will probably take place after the first of the year.

The Monmouth County D. A.'s deeply regret the passing on August 6th of one of its best friends, Dr. W. E. Truex, of Freehold, N. J., one of the first dentists in the State to employ an assistant. In 1899 Miss Delia Smith was employed by Dr. Truex, and remained with him for five years, when Miss Ella M. Smith succeeded her as Secretary and Office Manager, and was with him until the time of his passing. . . . The Bergen Co. girls enjoyed a visit to the Fred Waring Broadcast and a sight-

seeing trip in New York City. After a recent outing, they went to the home of their President, Mrs. Lila Hester, where Dr. Hester showed moving pictures of his recent trip around the world. For the July Meeting they had a Campfire Serenade and Weiner Roast at Undercliff Beach. . . . The E. & E. Society, N. Y. City, gave a surprise wedding shower for Madeline Moehler and Sylvia Messinger. Each girl was presented with a half-dozen monogrammed cocktail glasses. Robina McMurdo, President of the N. Y. State D. A. A., was elected Trustee for the 2d District. . . . The Fairfield Co., Conn. girls entertained in honor of their delegates' return home, with a dinner at the Roger Smith Hotel at Stamford. A beach party was enjoyed at Campo Beach, with Elsie Faas and Otilie Neugebauer as hostesses. The latter was elected as Trustee of the 1st District to succeed Rachel Clark, resigned.

While enroute to San Francisco, Juliette A. Southard was a most welcome guest in Atlanta. She was entertained by Ann Leonard. The Fifth Dist. Assn. of Ga. are soon to have a Lending Library for Dental Assistants. At the S. F. Convention, Georgia won the Blue Ribbon for Cooperation. . . . If you want to know how to increase the membership of your society, get in touch with the S. F. District D. A. Society. Prior to the S. F. Meeting, they had about 25 members, now their membership has passed the 80 mark. If they had been members of the A. D. A. A. for the past year, the "Membership" trophy would probably have remained in S. F. Gertrude Burt was the Chairman of the Membership Drive.

PEANUTS, BIG-SHOTS AND THINGS

Members, do you know that our pet name for Juliette Southard is "Lil Peanut"? This precious little peanut of ours has more brains in her head than a whole dozen people put together. I wish you could all have been at our Convention meetings, and been thrilled by her leadership. Each time she spoke we learned something. I asked Mabel Lyon what she thought Juliette would like to do when she came to San Diego (she didn't come I'm sorry to say) and Mabel fairly fired at me "Why she's the best sport you ever knew, etc." Most dental assistants have to be good sports, and we certainly learned that Juliette Southard, our Founder, really is one.

I wish I could come right out and tell you what my pet name for our "Big Shot" President Mabel Lyon is, but that would be unfair before you are even acquainted with this adorable, quick-witted, hard-working dental-assistant-enthusiast-President of ours. However I'll tell you the first two letters of the two words and perhaps you can guess—J. A. She really is not big in size but in energy and go-getting she is a Big-shot of Big-shots. Have you ever heard the term "Poo-bah"? It's one of our president's pet words, so you probably will hear it. . . . The Poo-bah behind the tremendous national secretarial job, turned out to be the kind, lovable girl we had imagined from her letters. During installation of officers tears streamed down her cheeks, and we loved her even more for that, and wanted to hug her and finally did. . . . Dynamic Catherine Morgan, President of the Los Angeles D. A. Association, and Convention Program Chairman, arrived in S. F. well tired from her labors, but we decided our profound sympathy was wasted, when she ended the week by having a very nice San Francisco gentleman sending lovely red roses.

"Big-shots" all, in our dental assistant world, but with jobs just as you and I, and working hard for all dental assistants, so let's all work with them.

AIRNA CHAMBERLIN, *Trustee Ninth District.*

The Dental Assistant

A Monthly Publication

A Journal for Dental Assistants Devoted to Their Interests and Education

Monthly publication of the A.D.A.A. Journal for Dental Assistants Devoted to their Education and Interests and to the Efficient Conduct of Dental Offices. Publication of all statements, opinions, or data, is not to be considered as an endorsement of some by magazine or its publishers.

SEPTEMBER-OCTOBER, 1936

EDITORIAL DEPARTMENT

IN PASSING

Culled from the Bulletin of the Cincinnati Dental Society for June, 1936:

THE DENTAL ASSISTANTS ASSOCIATION

The dental assistants association held their annual clinic meeting on Monday evening, May 11th. It was a matter of regret that so few members of the Cincinnati Dental Society attended.

We were greatly impressed with the quality of the clinics and their value to every dental practice. An assistant who would make the efforts to assemble a real demonstration and study her material the way those did whom we saw on Monday evening could not help but be a much more valuable assistant to any dentist. Unfortunately the girls seem to get very little encouragement here in Cincinnati. Encouragement, interest and praise where due, are stimulants to anyone. Let us give them to our Cincinnati Dental Assistants Association.

L. S.

We like the above notice, and we wish that every dental society bulletin in the country, would publish the fine work that the dental assistants of their locality are doing. As Dr. Saks says "Encouragement, interest and praise where due, are stimulants to anyone"; and after all is said and done, what the dental assistants are doing

to increase their skill and efficiency, through the medium of their organizations and their educational programs, is of benefit to the dentist who employs them, and therefore to dentistry as a whole, so it is worthy of praise and support. Don't you all think so?—members of the dental profession.

J. A. S.

WHAT PRICE ENTHUSIASM?

Does this happen to be "the morning after" your Dental Assistant Society Meeting? If so, you're probably all enthused about your work, resolving to be a better assistant henceforth, and to perform every duty as best you can . . . which, of course, is as it should be! That is why you attend the meetings . . . to partake of the enthusiasm radiated there . . . for the gratifying association with others whose interests and purposes are the same as yours. There's something in those contacts that brings you to your office the next morning with the desire to achieve the ultimate in dental assisting.

But wait, suppose this is not *the* morning but several weeks after your meeting! What now? There's a good possibility that you're doing things more or less routinely . . . that you're not hurrying about your work with that determination noted above. Which is *not* as it should be, but which is seemingly an inevitable happening. You let things go until tomorrow and the next day and the next. Maybe it is your appearance that is at fault, but you console yourself with the thought that you can't always be perfect. Yet, thinking back, weren't you pleased with that clean, spotless appearance you presented on that "first morning after" not so long ago? A few days more, and fortunately it's time for another meeting, and you can start all over again!

It's only human nature . . . we can't be perfect all the time, but we *can* be more constant in our efforts. Wouldn't it be better if we could make good resolutions, not only immediately after our meetings but every morning of the month? Start tomorrow morning . . . or it isn't too late today. When you enter your office, pause a moment and pledge your best to your day's work. Be a good assistant all of the time!

JULIA ROBINSON, *Contrib. Editor.*

When things go wrong, as they sometimes will
When the road you're treading seems all up hill
When the funds are low, and the debts are high.
And you have to smile, but you want to sigh
When care is pressing you down a bit
Rest, if you must—but DON'T YOU QUIT.



QUESTION BOX

ETHEL WHITENTON

906 Exchange Building, Memphis, Tennessee.



Q. Can elastic impression material be reclaimed and reused? B. W.

A. Yes. Elastic materials can be reused by placing in a double-boiler and boiling until all lumps disappear, pour into mixing barrel and chill to form stick. This method has proven sterile by laboratory test.

Q. What will remove silver nitrate stains from porcelain on the cabinet, trays, etc.? L. M. H.

A. Twenty Mule Team Borax used as you would any cleaning powder, not only removes the stains but leaves the porcelain as white and shining as new.

Q. Please advise some method for removing iodine, ink stains, and clothes stains. L. K.

A. Iodine can be removed by saturating stain with sodium thiosulphate solution (15% solution is desirable). It may also be removed by applying ammonia to the stain before washing.

Ink stains can be removed by saturating the stain with oxalic acid and rinsing thoroughly with clear water.

To remove stains from colorless cotton or linen cloth, soak material in a 20% chlorinated soda solution for two minutes, then add 5% acetic acid, an amount about one-fifth the volume of soda solution. Agitating the cloth will hasten results. For colored fabrics, repeated washing and rinsing, are all that can at the present time be suggested.

Q. What method should be employed for sterilizing cutting instruments? E. M.

A. All cutting instruments should be sterilized in either alcohol, or some recognized dependable commercial solution that is now available on the market. Boiling dulls the edges, as they are not plated on the cutting edge. It is well to place a little sterile oil on the cutting edges of instruments before putting them away. (Oil Bottle: Keep toothpick in stopper with sterile cotton. Change after each use. Oiling the joints of forceps is advisable.)

This column is indebted to the following for data and wishes to express appreciation: Savannah, Georgia; Dixon, Illinois; Knoxville and Memphis, Tennessee.

CALENDAR OF MEETINGS

By ELIZABETH HAHN FLEISCHER, 2134 Philip Ave., Detroit, Michigan.

NOTICE my change of address, and could the Publicity Chairmen have their material in my hands by the tenth of the month? Please. Let's have every society represented.

CALIFORNIA

Alameda County D. A. Assn.

Meeting, September 5, 1936, 7:30 P.M.

Dinner, 6:30 P.M.

Place, Oakland Women's City Club.

Irma Carr Publ. Chm., 1004 Franklin Bldg., Oakland, Calif.

Los Angeles D. A. Assn.

Meeting, September 11, 1936, 6:30 P.M.

Place to be announced.

Program, to be announced.

Meeting, October 9, 1936, 6:30 P.M.

Place, to be announced.

Program, to be announced.

Elsie V. Day, Publ. Chm., 930 Equitable Bldg., Hollywood, Calif.

CONNECTICUT

Fairfield County D. A. Assn.

Meeting, September 14, 1936.

Dinner, 7:00 P.M.

Place, Roger Smith Hotel, Stamford, Conn.

Florence Marie Hyatt, Publ. Chm., 184 Bedford.

GEORGIA

Fifth District D. A. Assn., Atlanta.

Meeting, September 8, 1936.

Place, Piedmont Hotel.

Speaker, Mr. W. L. Percy.

Subject, to be announced.

Speaker, Mrs. Helen Douglas Rankin.

Subject, "Parliamentary Procedure."

Meeting, October 13, 1936.

Place, Piedmont Hotel.

Speaker, Clara G. Herndon, Delegate to A. D. A. A. Convention.

Subject, "Report of Delegate."

Katie McConnell, Publ. Chm., 427½ Moreland Ave. N. E.

ILLINOIS

Chicago D. A. Assn.

Meeting, Third Thursday of every month at 8:00 P. M.

Dinner, 6:30 P.M.

Place, Stevens Hotel.

Emily Keegan, Publ. Chm., 4010 Madison Ave.

MICHIGAN

Detroit D. A. Assn.

Meeting, September 1, 1936, 7:15 P.M.

Dinner, 6:30 P.M.

Place, Stouffers.

Speaker, Mrs. Frank Ward Holt.

Subject, "Book Review."

Meeting, September 15, 1936, 7:15 P.M.

Place, Eaton Tower.

Report of Delegate to A. D. A. A. Convention.

Meeting, October 6, 1936.

Speaker, Judge John L. Whitehead.

Subject, "The Jury Plan."

Elizabeth H. Fleischer, Pres., 2134 Philip Ave.

MINNESOTA

Minneapolis Dist. D. A. Assn.

Meeting, September 8, 1936.

Place, Medical Library, Medical Arts Bldg.

Social Meeting.

Meeting, October 6, 1936.

Place, Medical Library, Medical Arts Bldg.

Speaker, to be announced.

Mae Campbell, Secty., 601 Donaldson Building.

St. Paul Dist. D. H. & A. Assn.

Meeting, September 15, 1936.

Place, Dental Library, Lowry Med. Arts Bldg.

Delegates' Report.

Meeting, October 20, 1936.

Place, Dental Library, Lowry Med. Arts Bldg.

Speaker, Dr. A. C. Potter.

Lulu Brownfield, Secty., 724 Lowry Med. Arts Bldg.

MISSOURI

Kansas City D. A. Assn.

Meeting, September 29, 1936.

Place, Baltimore Hotel.

Speaker, Miss La Rue Webber.

Topic, Report on San Francisco Meeting.

Meeting, October 27, 1936.

Place, Baltimore Hotel.

Speaker, Mr. Frank O. Denney.

Topic, "The Optimist's Creed."

Clinician, Miss Grace Wegang.

Topic, "Series of Classes in First Aid."

Mary Lou Jackson, Publ. Chm., 249
Plaza Bank Bldg.

PENNSYLVANIA

Philadelphia Assn. of D. Nurses

Meeting, September 15, 1936, 8:00 P.M.

Place, 1104 Widener Bldg.

Meeting, October 20, 1936; 8:00 P.M.

Place, 1104 Widener Bldg.

Catherine G. Connor, Publ. Chm., Ger-
mantown Professional Bldg.

Pittsburgh D. A. Assn.

Meeting, September 8, 1936.

Place, Roosevelt Grill.

Program, Lecture & Demonstration of
Cosmetics, care of hair, skin, etc., by
an Elizabeth Arden Representative.

Meeting, October 13 1936.

Place, Medical Arts Club Room.

Program, "Care of the Handpiece."

Social Meeting, Bowling Party.

Date and Place to be announced.

Stellamae Cramer, Publ. Chm., 92 Bril-
liant St., Aspinwall, Pa.

TENNESSEE

Memphis D. A. Assn.

September 15, 1936, 6:00 P.M.

Supper with Elizabeth Mays, 1308 Sterick
Bldg.

Meeting, September 15, 1936, 7:30 P.M.

Place, Peabody Hotel.

Program, Current Event given by Estelle
George.

Report of the A. D. A. A. by Delegate.

Clinic on "Tooth Brush Drill" by Lucille
Byrd.

Paper, Ann Wagner.

Subject, "Administration of Nitreous
Oxide."

Meeting, October 20, 1936, 6:00 P.M.

Piggly Wiggly Supper with Clara Taylor,
1134 Exchange Bldg.

Meeting, October 20, 1936, 7:30 P.M.

Place, Peabody Hotel.

Program, Current Event, Lucille Reed.

Feature, "Hobbies" by Clara Taylor.

Paper, Eva Shull.

Subject, "Dental Economies."

Clara Taylor, Pres., 1134 Exchange
Bldg.

VIRGINIA

Tidewater D. A. Assn.

Meeting, September 2, 1936, 8:00 P.M.

Place, Medical Hall, Medical Arts Bldg.,
Norfolk, Va.

Program, Clinic, Mr. Taylor, Ritter Mfg.
Co.

Meeting, October 7, 1936, 8:00 P.M.

Place, Medical Hall, Medical Arts Bldg.

Program, Clinic by Caulk Representative.
Margaret Carey, 715 Medical Arts
Bldg., Norfolk, Va.

DENTAL ASSISTANTS' PLEDGE

"I solemnly pledge that in the practice of my profession I will always be loyal to the welfare of the patients who come under my care, and to the interests of the practitioner whom I serve. I will be just and generous to the members of my profession aiding them and lending them encouragement to be loyal, to be just, to be generous, to be pure, to be upright, to be observant, to be tactful, to be studious. I hereby give pledge to devote my best energies to the service of humanity, in that relationship of life to which I consecrated myself when I elected to become a dental assistant."

This was written for dental assistants by Dr. C. N. Johnson, Honorary Member of the American Dental Assistants Association.

BOOK REVIEW

"Oral Hygiene and the Treatment of Parodontal Diseases," by Russell W. Bunting, D.D.Sc., Professor of Oral Histology and Pathology in the School of Dentistry of the University of Michigan, Ann Arbor, Mich. 12mo., 187 pages, with 80 engravings. Cloth, \$2.50 net. Published by Lea & Febiger, Washington Square, Philadelphia, Pa. This is a splendid work, presenting certain principles of Oral Hygiene, and methods of practice effective in the prevention and control of dental and oral diseases. Approximately one-half of the book is devoted to the control of oral diseases by hygienic measures, and the other half is given over to diagnosis and treatment of parodontal diseases—gingivitis, pyorrhea, pericemental abscess, Vincent's, and gingival atrophy. "It is the purpose of the author to call the attention of general practitioners, to the need of a preventive viewpoint in their practice, and to the practical means of disease prevention which lie within their grasp." We recommend this book to every dentist, and we urge his dental assistant to read it, so that she may have an intelligent appreciation of mouth sanitation.

J. A. S.

A text book of DENTAL-PHARMACOLOGY, MATERIA DENTICA, and PHARMACO-THERAPEUTICS, by William H. O. McGehee, M.D., D.D.S., F.A.C.D., published by P. Blakiston's Son & Co., Inc., 1012 Walnut Street, Philadelphia, Pa. 489 pages. Price \$4.25 bound in washable cloth. "This book is presented to teachers, students, and members of the dental profession interested in the science and art of using and prescribing official and accepted drugs in the practice of dentistry." The author has been in close touch with the work of the Council on Therapeutics of the American Dental Association, and a comprehensive bibliography has been included, for those interested in collateral reading. Some of the contents are: Pharmacognosy, Pharmacy, Pharmacology, Antiseptics, Disinfectants, Germicides, Deodorants, Emollients, Irritants, Caustics, Astringents, Hemostatics; Bleaching Agents, Dentifrices, Local Anesthetics, Eliminants, etc., with an appendix giving Symptoms and Treatments for Acute Poisons, Solubility, Tables of Important Drugs, Weights, Measures, Laboratory Work, etc., etc.

The author has tabulated a splendid reference work, and we recommend it for use in every dental office, both by the dentist and for the education of his assistant in a general knowledge of the drugs, etc., used in dentistry.

J. A. S.

FORMULA FOR MOUTH HYGIENE:

*A well-designed tooth brush,
An efficient dentifrice,
The proper brushing technique,
A sufficient amount of time.*

Careful attention to your patients' home care will increase the value of your service.

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with excellent Qualities
at only \$1.94 dwt.

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FOCUS No. 3

Retained root fragments are major foci of infection, often leading to systemic involvement.



Halt Systemic Invasion with **SAL HEPATICA**

Periapical infection is focus No. 1; pyorrhea areas, focus No. 2. . . Retained root fragments, too, are very often foci of infection.

By successfully eliminating body wastes through gentle laxation, Sal Hepatica checks systemic involvement.

Sal Hepatica counteracts acidity. By protecting the alkaline reserve at the proper balance, it strengthens resistance against infection and possible "reaction" from dental work.

Try Sal Hepatica—the saline combination which approximates, in ingredients, ratio and action, certain famous natural medicinal spring waters.

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WE WOULD LIKE every dentist to read the lay advertising of Squibb Dental Cream and Squibb Tooth Powder. This advertising appears in all the leading national lay magazines.

We are endeavoring to impress upon the public the fact, well-known to the profession, that most tooth decay can be prevented. We are offering a plan for the care of the teeth—a plan which includes the recommendation that daily home care should follow the advice of the dentist.

It is our definite conviction that this advertising will reach many people who do not fully appreciate the benefits which progress in dental science has placed within their reach.

We frankly solicit your cooperation in this common objective.

Both Squibb Dental Cream and Squibb Tooth Powder contain milk of magnesia as the acid-neutralizing ingredient.

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The Priceless Ingredient of Every Product is the Honor and Integrity of its Makers.

THE PLAN WE ADVOCATE

1. Go to your dentist and follow his advice. This will include the kind of toothbrush to use, and how to use it; what kind of toothpaste to use, and what kind not to use; whether you should supplement your home treatment with the use of dental X-rays and oral perforators.
2. Check your diet with your physician and dentist—to be sure your system contains the elements essential to the health and strength of your teeth.
3. Brush your teeth thoroughly, twice a day, and be sure you use toothpaste scientifically prepared to clean effectively, and safely.



